



November 2019: LUNCH



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza Romaine Salad Fruit 1% Milk LF Chocolate Milk	
	4 Meat Loaf Green Beans Fruit 1% Milk LF Chocolate Milk	5 Tacos W/ Lettuce Spanish Rice Fruit 1% Milk LF Chocolate Milk	6 Fish Sticks Tater Tots Carrots Fruit 1% Milk LF Chocolate Milk	7 Spaghetti & Meat Balls Broccoli Fruit 1% Milk LF Chocolate Milk	8 Pizza Romaine Salad Fruit 1% Milk LF Chocolate Milk	
	11 NO SCHOOL	12 Tacos W/ Lettuce Refried Beans Fruit 1% Milk LF Chocolate Milk	13 Meat Calzone Garlic Bread Carrots Fruit 1% Milk LF Chocolate Milk	14 Chicken & Biscuits Broccoli Fruit 1% Milk LF Chocolate Milk	15 Pizza Romaine Salad Fruit 1% Milk LF Chocolate Milk	
	18 Meat Loaf Green Beans Fruit 1% Milk LF Chocolate Milk	19 Tacos W/ Lettuce Spanish Rice Fruit 1% Milk LF Chocolate Milk	20 Hamburgers on Bun Carrots Fruit 1% Milk LF Chocolate Milk	21 Turkey Dinner Mashed Potatoes & Gravy Fruit 1% Milk LF Chocolate Milk	22 Pizza Romaine Salad Fruit 1% Milk LF Chocolate Milk	
	25 Half Day No Lunch	26 Half Day No Lunch	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	